



Ardleigh St. Mary's CEVC Primary School
PSHE Statutory Requirement Mapping Document
Class 2 - Year 1 - CYCLE A



DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education Families and people who care for us	1. That families are important for children growing up because they can give love, security and stability	Who are our special people?	Valuing Difference	Autumn 2
	2. The characteristics of healthy family, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	Taking care of a baby	Growing and Changing	Summer 2
		Who are our special people?	Valuing Difference	Autumn 2
Relationships Education Families and people who care for us	3. That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	Same or different?	Valuing Difference	Autumn 2
		Who are my special people?	Valuing Difference	Autumn 2
		Our special people balloons	Me and My Relationships	Autumn 1
	4. That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	Same or different?	Valuing Difference	Autumn 2
		Our special people balloons	Me and My Relationships	Autumn 1
		Who are our special people?	Valuing Difference	Autumn 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	5. That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	-	-	-
Families and people who care for us	6. How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	Who can help? (1)	Keeping Myself Safe	Spring 1
		Surprises and secrets	Growing and Changing	Summer 2
		Good or bad touches?	Keeping Myself Safe	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	1. How important friendships are in making us feel happy and secure, and how people choose and make friends.	Good friends	Me and My Relationships	Autumn 1
Caring Friendships	2. The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	Harold has a bad day	Being My Best	Summer 1
		Good friends	Me and My Relationships	Autumn 1
		How are you listening?	Me and My Relationships	Autumn 1
		It's not fair!	Valuing Difference	Autumn 2
		Pass on the praise	Being My Best	Summer 1
		Unkind, tease or bully?	Valuing Difference	Autumn 2
		Who can help? (2)	Growing and Changing	Summer 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Term	
Theme	Strand				
Relationships Education Caring Friendships	3. That healthy friendships and welcoming towards others, and do not make others feel lonely or excluded.	Who can help? (2)	Growing and Changing	Summer 2	
		Unkind, tease or bully?	Valuing Difference	Autumn 2	
		It's not fair!	Valuing Difference	Autumn 2	
		Good friends	Me and My Relationships	Autumn 1	
	4. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	How are you listening?	Me and My Relationships	Autumn 1	
		It's not fair!	Valuing Difference	Autumn 2	
		Surprises and secrets	Growing and Changing	Summer 2	
		Unkind, tease or bully?	Valuing Difference	Autumn 2	
		Who can help? (2)	Growing and Changes	Summer 2	
		Who can help? (1)	Keeping Myself Safe	Spring 2	
		Harold has a bad day	Being My Best	Summer 1	
	5. How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	How are you listening?	Me and My Relationships	Autumn 1	
Pass on the praise		Being My Best	Summer 1		



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Relationships Education	1. The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	How are you listening?	Me and my Relationships	Autumn 1	
		Same or different?	Valuing Difference	Autumn 2	
		Pass on the praise	Being My Best	Summer 1	
	2. Practical steps they can take in a range of different contexts to improve or support respectful relationships.	Harold has a bad day	Being My Best	Summer 1	
		Why we have classroom rules	Me and my Relationships	Autumn 1	
		It's not fair!	Valuing Difference	Autumn 2	
		Same or different?	Valuing Difference	Autumn 2	
	3. The conventions of courtesy and manners.	Harold has a bad day	Being My Best	Summer 1	
Harold's school rules		Valuing Difference	Autumn 2		
It's not fair!		Valuing Difference	Autumn 2		
Why we have classroom rules		Me and my Relationships	Autumn 1		
Pass on the praise		Being My Best	Summer 1		



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Theme	Strand			
Relationships Education	4. The importance of self-respect and how this links to their own happiness.	-	-	-
	5. That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	Harold has a bad day	Being My Best	Summer 1
		Harold's school rules	Valuing Difference	Autumn 2
		Pass on the praise	Being My Best	Summer 1
		Taking care of something	Rights and Responsibilities	Spring 2
		Who can help? (2)	Growing and Changing	Summer 2
		Unkind, tease or bully?	Valuing Difference	Autumn 2
	6. About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Unkind, tease or bully?	Valuing Difference	Autumn 2
Who can help? (2)		Growing and Changing	Summer 2	



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	7. What a stereotype is, and stereotypes can be unfair, negative or destructive.	-	-	-
Respectful Relationships	8. The importance of permission-seeking and giving in relationships with friends, peers and adults.	Sharing pictures	-	Spring 1
		Surprises and secrets	Growing and Changing	Summer 2
		Good or bad touches?	Keeping Myself Safe	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	1. That people sometimes behave differently online, including by pretending to be someone they are not.	Sharing pictures	-	Spring 1
Online Relationships	2. That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.	Sharing pictures	-	Spring 1
Online Relationships	3. The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	Keeping safe online	Keeping Myself Safe	Spring 1
		Sharing pictures	-	Spring 1
	4. How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	Sharing pictures	-	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	5. How information and data is shared online and used online.	Sharing pictures	-	Spring 1
Online Relationships				



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DfE Statutory Requirements		SCARF Lesson	Topic	Term	
Theme	Strand				
Relationships Education	1. What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	Sharing pictures	-	Spring 1	
		Harold's school rules	Valuing Difference	Autumn 2	
		Good or bad touches	Keeping Myself Safe	Spring 1	
		Surprises and secrets	Growing and Changing	Summer 2	
	2. About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Sharing pictures	-	Spring 1	
		Surprises and secrets	Growing and Changing	Summer 2	
Good or bad touches		Keeping Myself Safe	Spring 1		
Being Safe	3. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Keeping privates private	Growing and Changing	Summer 2	
	4. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	Surprises and secrets	Growing and Changing	Summer 2	



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Relationships Education	5. How to recognise and report feelings of being unsafe or feeling bad about any adult.	Thinking about feelings	Me and My Relationships	Autumn 1
		Surprises and secrets	Growing and Changing	Summer 2
		Good or bad touches?	Keeping Myself Safe	Spring 1
		Our feelings	Me and My Relationships	Autumn 1
		Who can help? (1)	Keeping Myself Safe	Spring 1
Being Safe	6. How to ask for advice or help for themselves or others, and to keep trying until they are heard.	Sharing pictures	-	Spring 1
		Surprises and secrets	Growing and Changing	Summer 2
Relationships Education	7. How to report concerns or abuse, and the vocabulary and confidence needed to do so.	Surprises and secrets	Growing and Changing	Summer 2
		Good or bad touches?	Keeping Myself Safe	Spring 1
		Keeping privates private	Growing and Changing	Summer 2
Being Safe	8. Where to get advice e.g. family, school and/ or other sources.	Good or bad touches?	Keeping Myself Safe	Spring 1
		Surprises and secrets	Growing and Changing	Summer 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	1. That mental wellbeing is a normal part of daily life, in the same way as physical health.	Our feelings	Me and My Relationships	Autumn 1
	2. That there is a normal range of emotions (eg happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	Thinking about feelings	Me and My Relationships	Autumn 1
		Our feelings	Me and My Relationships	Autumn 1
		Harold loses Geoffrey	Keeping Myself Self	Spring 1
		Feelings and bodies	Me and My Relationships	Autumn 1
	3. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Thinking about feelings	Me and My Relationships	Autumn 1
		Feelings and bodies	Me and My Relationships	Autumn 1
		Our feelings	Me and My Relationships	Autumn 1
	4. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	Our feelings	Me and My Relationships	Autumn 1
		Thinking about feelings	Me and My Relationships	Autumn 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	5. The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	-	-	-
	6. Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Feelings and bodies	Me and My Relationships	Autumn 1
		Who are our special people?	Valuing Difference	Autumn 2
	7. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Thinking about feelings	Me and My Relationships	Autumn 1
		Feelings and bodies	Me and My Relationships	Autumn 1
		Our feelings	Me and My Relationships	Autumn 1
	8. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Who can help?	Growing and Changing	Summer 2
Unkind, tease or bully?		Valuing Difference	Autumn 2	



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Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	9. Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	-	-	-
MENTAL WELLBEING				



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education) Internet Safety and Harms	1. That for most people the internet is an integral part of life and has many benefits	Sharing pictures	-	Spring 1
	2. About the risks of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing	-	-	-
	3. How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	Sharing pictures	-	Spring 1
	4. Why social media, some computer games and online gaming, for example, are age restricted.	-	-	-



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Theme	Strand			
Physical Health and Mental Wellbeing (Health Education) Internet Safety and Harms	5. That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Sharing pictures	-	Spring 1
	6. How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.	-	-	-
	7. Where and how to report concerns and get support with issues online.	Sharing pictures	-	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	1. The characteristics and mental and physical benefits of an active lifestyle.	Healthy me	Keeping Myself Safe	Spring 1
	2. The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	-	-	-
	3. The risks associated with an inactive lifestyle (including obesity).	Healthy me	Keeping Myself Safe	Spring 1
	4. How and when to seek support including which adults to speak to in school if they are worried about their health.	Inside my wonderful body	Growing and Changing	Summer 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	1. What constitutes a healthy diet (including understanding calories and other nutritional content).	I can eat a rainbow	Being My Best	Summer 1
		Eat well	Being My Best	Summer 1
	2. The principles of planning and preparing a range of healthy meals.	Eat well	Being My Best	Summer 1
		I can eat a rainbow	Being My Best	Summer 1
Healthy Eating	3. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (eg the impact of alcohol on diet or health).	I can eat a rainbow	Being My Best	Summer 1
		Eat well	Being My Best	Summer 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	1. The facts about legal and illegal harmful substances and associated risks, including smoking, alcoholism and drug-taking.	What could Harold do?	Keeping Myself Safe	Spring 1
Drugs alcohol and tobacco				



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	1. How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	-	-	-
Health and Prevention	2. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	-	-	-
Health and Prevention	3. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Super sleep	Keeping Myself Safe	Spring 1
		Healthy me	Keeping Myself Safe	Spring 1
Health and Prevention	4. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	Harold's wash and brush up	Rights and Responsibilities	Spring 2
		Healthy me	Keeping Myself Safe	Spring 1



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Physical Health and Mental Wellbeing (Health Education)	5. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing.	Harold's wash and brush up	Rights and Responsibilities	Spring 2
		Catch it! Bin it! Kill it!	Being My Best	Summer 1
		Move your body	Being My Best	Summer 1
Health and Prevention	6. The facts and science relating to allergies, immunisation and vaccination.	-	-	-



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Theme	Strand			
Basic First Aid	1. How to make a clear and efficient call to emergency services if necessary.	Basic first aid	Rights and Responsibilities	Spring 2
	2. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	Basic first aid	Rights and Responsibilities	Spring 2



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DfE Statutory Requirements		SCARF Lesson	Topic	Term
Theme	Strand			
Changing Adolescent Body	1. Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	Taking care of a baby	Growing and Changing	Summer 2
		Then and now	Growing and Changing	Summer 2
	2. About menstrual wellbeing including the key facts about the menstrual cycle.	-	-	-



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